

The Fridge List

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Every day, for everyone

1. **Sodium first.** Read the label. 140 mg or less a serving is low. More than 460 mg is high.
2. **Cook plain food.** Fresh or plain frozen meat, fish, vegetables, rice, pasta. Season with herbs, garlic, lemon, vinegar, pepper.
3. **Look for "phos"** in the ingredient list. If you see it, choose another brand.
4. **Modest protein.** A portion of meat, poultry or fish the size of a deck of cards (3 ounces).
5. **Water** in place of dark colas and sweet drinks.

Only if my potassium is high, or has been high

Choose foods under 200 mg a portion, and keep to the portion.

Lower: Apple, blueberries, grapes, strawberries, cabbage, cauliflower, cucumber, green beans, lettuce, white rice, pasta, white bread

Higher: Banana, orange juice, raisins, prunes, avocado, potato, sweet potato, cooked spinach, tomato sauce, milk, yogurt, most beans

Only if my doctor says my phosphorus is high

- No added phosphate ("phos" on the ingredient list).
- No dark colas.
- Smaller portions of milk, yogurt and cheese.

Ask first

- **Salt substitutes and "lite" salt:** not unless my doctor says so.
- **Ibuprofen, naproxen and other anti-inflammatory painkillers:** not unless my doctor says so.
- **Herbal products, supplements, "kidney cleanse" teas:** ask my doctor or pharmacist.
- **Star fruit:** never.

Get help right away

Call 911 for chest pain, a pounding or irregular heartbeat, shortness of breath, sudden muscle weakness, confusion or fainting.

My doctor: _____ **Phone:** _____

My pharmacy: _____ **Phone:** _____